



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!

Jul/Aug 05
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SHAPE's Motivational Fitness Fair

On **31 Aug 05**, SHAPE will sponsor our Fall Motivational Fitness Fair. Our Fair will be 0900-1200, in deFlorez 1041.. This event is open to all Center employees (including contractors). The intent of this event is to motivate all employees to get into a regular exercise routine. There will be info on SHAPE discounts at local facilities. There will be free snacks courtesy of CMWRA and SHAPE.

Blood Tests (such as **Cholesterol and PSA**) will be available for a fee from **0800-1000 (same location as Fair)**:

FREE Events
(subject to change):

Massage Therapy	License Therapist
Body Fat Analysis	World Gym
Nutrition Info	FDA
Cardio Health Info	Orange County
Fitness Info	YMCA
Fitness Info	UCF Rec Services
Fitness Info	Lifestyle Family Fitness
Local Park Info	Orange County
Scuba Info	Scuba World

Blood Tests

During our 31 Aug 05 Motivational Fitness Fair, 0800-1100, **Cognoscenti Health Institute** will provide all of the tests below. The test results would be ready the next morning.

Fasting Glucose	\$5
Fasting Insulin (not useful by itself)	\$14
Insulin Resistance Index (Including Fasting Glucose and Insulin)	\$19
Lipid Panel	\$8
Includes the following tests:	
Triglyceride / Cholesterol	
HDL Cholesterol / LDL Cholesterol	
VLDL Cholesterol Homocysteine	\$16



SHAPE's Safety Fair: During our 8 Jun 05 Fair, Vanessa Bouffard-Fehl, Orange County Animal Services, provided Emergency Pet Kits to attendees.

Package of the above Tests	\$39
Hepatitis B Panel	\$20
Includes Hepatitis B Surface Antigen And Hepatitis B Surface Antibody	
Hepatitis C Virus Antibody	\$15
Ferritin	\$12
CBC (Complete Blood Count)	\$10
Highly sensitive CRP	\$15
PSA (male only)	\$9
H.Pylori Screening	\$16

CPR / AED Training

Our next SHAPE offering of Cardiopulmonary Resuscitation (CPR) / Automated External Defibrillator (AED) will be on 13 Jul 05, 0730-1130, in deFlorez Annex Room 2057. Learning CPR is easy. You could help save the life of someone you know.

PEO STRI employees sign up for course through Total Employee Development (TED): Select "Education and Training," then search for "CPR". All other employees would need to send an email to shape@peostri.army.mil with your name, phone number and organization to request to attend.

This course prepares the lay rescuers to perform the essential CPR skills and to use an AED. The course has a scenario-based practice session, integrated skills evaluation and case-based evaluation to reinforce the essential knowledge needed to properly complete CPR and use an AED

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Minimize Your Risk to Carpal Tunnel Syndrome

On 26 Jul 05, 1130-1230, Dr. Eric Janowitz, Oviedo Family Chiropractic, will present Carpal Tunnel Syndrome Seminar. This is especially for persons with the following concerning questions:

1. Does pains in your arm GRAB you?
2. Is the numbing at night NAGGING you?
3. Are you looking for answers to "Carpal Tunnel Syndrome"?

This seminar will be held in deFlorez 1061.

Pre-register by sending your name, phone number, office symbol to "shape@peostri.army.mil"
Walk-ins are welcome.

This is an excellent opportunity to minimize your risk to Carpal Tunnel Syndrome.

Vehicle Rollover Simulator

On 16 Aug 05, 1130-1230, Trooper Wanda Diaz, State of Florida, will provide presentation on vehicle safety. The last portion of this event will include a live demonstration that will have an actual car being "rolled over" as result of "reckless driving". This is a GREAT chance to see in person the effects of a vehicle rollover.

This seminar will be held in our deFlorez 1041. The Vehicle Rollover Simulator will be in the parking lot area.

Pre-register by sending your name, phone number, office symbol to "shape@peostri.army.mil"
Walk-ins are welcome.

This is an excellent opportunity to find out ways you can maximize your safety.

Research Park "Joint Service"

2-mile Run / Walk

Please make plans to attend the AFAMS-sponsored bi-monthly Research Park "Joint Service" 2-mile Run / Walk on 8 Jul 05 & 22 Jul 05 (Friday) at 0830. This event is the 2nd and 4th Friday of each month. Location will be Blanchard Park (please use the Rouse Road gate). The park is located on Rouse Road (between University and E. Colonial). You may park in the YMCA parking lot. The event will begin where the Running Path begins near the basketball courts.

AFAMS cordially invite participants from our Army, Navy and Marines organizations to join us! Everyone is encouraged to participate whether you run, jog, walk or crawl! You know your limitations, so please come out and join your Research Park Joint Service family! Running will commence promptly. Prior to the run, there will be stretching exercises.

Health Seminars

1200-1230, in deFlorez
Multipurpose Room 1103:

6 July, 1130-1230
Allergies

20 July, 1130-1230
Health & Nutrition I

3 August, 1130-1230
Health & Nutrition II

31 August, 1130-1230
Allergies

Acupuncture

At our SHAPE Safety Fair, Dr. Barrow, Balancing Point, offered acupuncture demos. For many persons, this was the first experience with acupuncture techniques. Do you know that for many years conventional over-the-counter drugs like aspirin, ibuprofen, motrin and tylenol are responsible for 20,000 deaths each year? It is estimated that prescription drugs kill almost 200,000 Americans every year. So, you might want to consider acupuncture for things like headaches, arthritis, joint and muscle aches. There have been reports of relieving tinnitus, which is ringing in the ears, as well as urinary incontinence. The great thing about acupuncture is that it's completely safe. For a licensed acupuncturist referral, call Institute for Traditional Medicine at 800-544-7504.

Blood Drive:

The Central Florida Blood Bank will be at our Center on 20 Jul 05 for the Navy Blood Drive.

Employees may donate at either Navy or Army Blood Drives, and provide credit to their respective Drive account.

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NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense.

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